

No. 133 - June / July 2025



THE POUNDSTOCK PACKET



KERNOW BYS VYKEN!

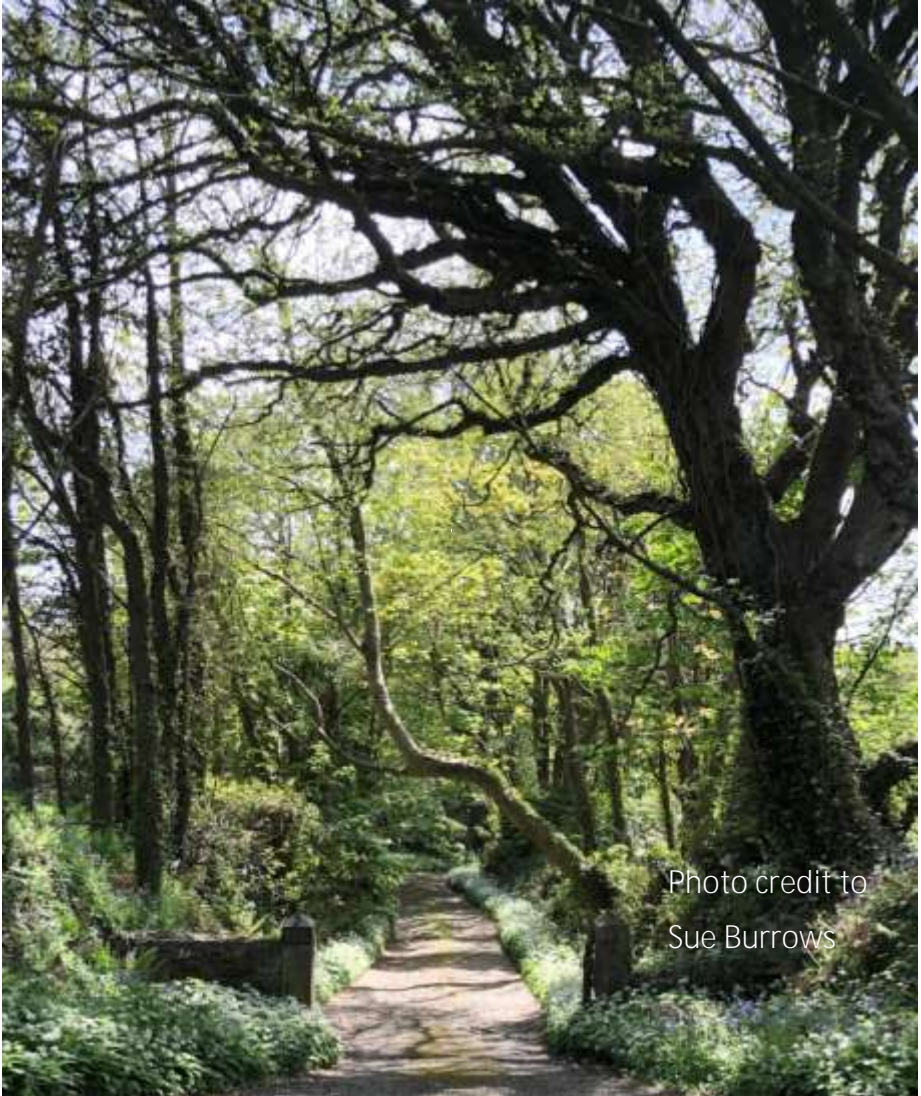


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a readable
article?

Notes From The Editors

What a wonderful spring we have had this year - apparently we are on target to have as many sunshine hours in May as we did the whole of last summer. It makes me appreciate what a wonderful part of the world we live in, and this time of year there are lots of fun and interesting activities going on. The plant sale at the Gildhouse was a great success - I am enjoying the lupins and geraniums that I bought there. It's good to see the Gildhouse has a regular pop-up pub on the last Friday of each month – with entertainment laid on.

Speaking of things going on locally – please let us know if you hear of any planned activities in Poundstock/Bude and locally, so we can include them in the next edition. And also send us your photos and a short blurb if you have attended something local – we are always looking for new contributions.

Jayne Griffiths and Tania Clegg
poundstockpacket@gmail.com

Contributions

We always welcome input from our readers. If you want to send us an article, photographs or local information, contact us at poundstockpacket@gmail.com.

The absolute deadline for our next edition is 15th July 2025.

We do not necessarily endorse the views expressed by individual contributors and while we do our best to make sure all information is accurate, we can't accept any responsibility for errors. We reserve the right to edit items submitted and decide on what is suitable for publication. If you wish to copy or reuse any of our content, please contact the editor.

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Advertising in the Packet currently costs from £35 a year (six issues) depending on the size of ad you choose. This includes delivery direct to all the homes in the parish – currently over 550. For more information please contact Julie Pawley via advertpoundstockpacket@gmail.com. We do our best to deliver to everyone in the parish, but if you know of anyone who has been missed please let us know. For those who live elsewhere, copies are available at the Beach House and Wainhouse Country Stores, on our website (poundstockpacket.org.uk) or by post; please contact us for details.

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Gildhouse Plant Sale

The Poundstock Gildhouse hosted a plant sale on Saturday 17th May. There was an incredible display of plants for sale and a stall selling beautiful planters and bird houses.

The Gildhouse made over £225 at the plant sale which will go towards the upkeep of the historic Grade 1 listed building. This is very important as we have spent a 5 figure amount on re-decorating both the external walls and internals of the building. This redecoration was done using a new type of lime wash designed for old buildings and should last much longer than the traditional lime wash.



The church also made over £200 on their table from the generous plant donations.

A big thank you to all the volunteers and people who made donations, which helped create a brilliant atmosphere in the weekend sunshine.

Both stall holders and buyers went home very happy.

Written by Alan Green

Gildhouse Beekeeping Talk

The Gildhouse hosted a talk about bees and beekeeping on Wednesday 14th May.

It was a really interesting and informative talk, the speakers were local bee keepers Andree and Steve Carter who have been keeping bees for 6 years. Andree is Education Manager for Bude Beekeepers and Steve is the Treasurer.

They talked about honey bees, how they live, gather nectar and make honey. Everyone then had the opportunity to taste honey.



CHURCHES AND SERVICES FOR JUNE AND JULY 2025

Please check your current church times in “Voices Together” as subject to change

JUNE				JULY			
1 Sunday	09.30 10.00 18.00	HC All EP	BH WSM M	2 Wed'day	08.30 10.00	MP HC	Zoom WB
4 Wed'day	08.30 10.00	MP HC	Zoom BH	6 Sunday	09.30 10.00 18.00	HC All EP	BH WSM M
8 Sunday	09.30 09.30 11.15 18.00	HC MP HC EP	M P W WSM	9 Wed'day	08.30 10.00	MP HC	Zoom BH
11 Wed'day	08.30 10.00	MP HC	Zoom WB	13 Sunday	09.30 09.30 11.15 18.00	HC MP HC EP	M P W WSM
15 Sunday	09.30 09.30 11.15	HC MP HC	BH M WSM	16 Wed'day	08.30 10.00	MP HC	Zoom BH
18 Wed'day	08.30 10.00	MP HC	Zoom BH	20 Sunday	09.30 09.30 11.15	HC MP HC	BH M WSM
22 Sunday	09.30 09.30 09.30 10.00 11.15	HC HC MP MP HC	M P W WSM BH	23 Wed'day	08.30 10.00	MP HC	Zoom BH
25 Wed'day	08.30 10.00	MP HC	Zoom WB	27 Sunday	09.30 09.30 09.30 10.00 11.15	HC HC MP MP HC	M P W WSM BH
29 Sunday	10.30	Benefice	WB	30 Wed'day	08.30 10.00	MP HC	Zoom WB

Bude Haven	BH	Everyone is invited to coffee at the Gildhouse after Poundstock Services.	
Marhamchurch	M		
Poundstock	P	Central Methodist Church	10.30
Week St Mary	WSM	Marhamchurch Chapel	10.30
Whitstone	W	Week St Mary Chapel	11.00
Widemouth Bay	WB	Coast Family Church non-denominational - Jacobstow Hall – 1 st , 3 rd & 5 th Sunday	

From the Rectory

A son took his father out for an evening dinner. His father being old and weak, while eating, dropped food on his shirt and trousers. Other diners watched him in disgust while his son was calm. After he finished eating, his son, who was not at all embarrassed, quietly took him to the washroom, wiped the food particles removed the stains, combed his hair and fitted his spectacles firmly.

When they came out, the entire restaurant was watching them in dead silence, not able to grasp how someone could embarrass themselves publicly like that. The son settled the bill and started walking out with his father. At that time an old man amongst the diners called out to the son and asked him, "Don't you think you have left something behind?"

The son replied, "No Sir, I haven't. "

The older man retorted, "Yes you have, you left a lesson for every son and hope for every father." The restaurant went silent. The old man continued, "To care for those who once cared for us is one of the highest honours. We all know how our parents cared for us for every little thing. Love them, respect them, and care for them.

The Bible says, Honour your Father and Mother.... *Exodus chapter 20 verse 12*. Otherwise, what example are you setting for your children?

Written by Reverend David Saunders

Bude Banking Hub

Bude Banking Hub has opened in its temporary home at the Parkhouse Centre, EX23 8LD to serve your banking needs while plans for the permanent hub progress.

Open weekdays from 9am-5pm, the hub offers basic banking and cash services, whenever it's open and whoever you bank with.

It also provides the convenience of a community banker service, where you can discuss more complex banking matters with your own bank, on the day your bank is in the hub.

Check the schedule to know which bank is in each day:
<https://www.cashaccess.co.uk/hubs/bude-cornwall/>



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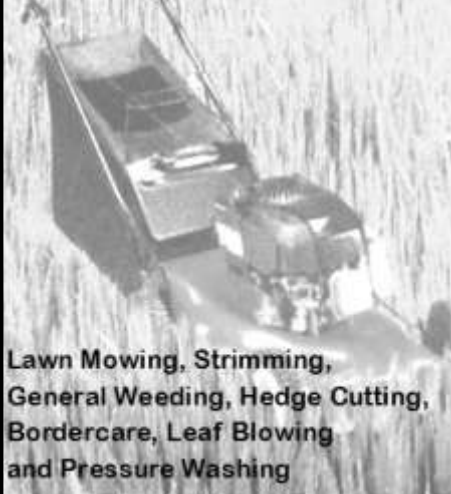
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The Poundstock Gil dhouse

Poundstock Gildhouse presented a Pop Up Pub on Friday 25th April, and the Bencoolen Wreckers were their guest band.

Everyone had an excellent evening which included pasties and a sing song.

Originally established in 2011, the Bencoolen Wreckers Singers were re-launched in October 2018, and enjoy the tradition of a capella shanty singing of songs from Cornwall and around the world.



Poundstock Gildhouse - **What's on in June and July**

Wednesday 11th June 7.30 - 11.00. Your gardens and gardening questions / problems. £4.00 per person to include tea / coffee and biscuits. There will be a raffle.

Friday 27th June 7.30 - 11.00. Pop up Pub.

Wednesday 9th July 7.30 - 10.00 The History of John Deere Tractors, with Bert. £4.00 per person to include tea / coffee and biscuits. There will be a raffle.

Sunday 13th July - The Commotion Time play read through with Sarah Dickenson and some of the original cast.....time and entry fee to be confirmed. Contact 07428161323 for more details.

Friday 25th July 7.30 - 11.00 Pop up Pub with music



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Deanery Confirmations 27th March

Week St Mary Church was the venue for a visit from Bishop Hugh Nelson, to confirm eight candidates from Stratton Deanery, two of whom were also baptised.

Those confirmed were Anthony, Sharon, Ruth, Katrina, Tracey, Paul, and Claire from Bude and Kilkhampton and Pamela from Week St Mary.

Anthony and Pamela were baptised at the start of the service.

All who attended enjoyed a Bring and Share supper and fellowship after the service.

Photos show Pamela with Bishop Hugh and all the candidates as they proudly carry their candles as a symbol of their new life.



Book Review

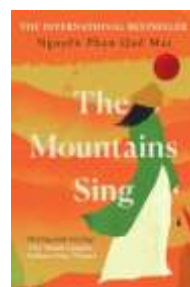
This book had me gripped from the start. It was well written, descriptive and it 'painted' a picture as it took me through the decades of war torn Vietnam.

A granddaughter takes us on her family history tour, and we find out how the various occupations each eroded a little more of people's rights, culture and spirit. Despite that, it gives an insight into the beautiful aspects of family life over the years and the extremes that parents will go to, to protect their children; the deep love of a Grandma for her granddaughter and ultimately the debt of gratitude we owe to those who went before us to leave a kinder, safer world.

Poignant, sad, funny at times and one that will stay with me for a long time. Its also made me want to visit the country so watch this space !

Written by Anne Marsh

Contact us at poundstockpacket@gmail.com



Wedding Feasts at the Gil dhouse

I was thinking about Poundstock Gildhouse whilst looking at some mediaeval cookery books and was wondering about all the many wedding feasts held there over time. They would have been important for the whole manor, tenants, retainers and family and were amazingly elaborate meals. Nowadays, there are usually no more than three courses and an elaborate cake, which is descended from the 'Soltetee' of mediaeval feasts. There were many ways of spelling soltety and I think the correct word now is 'subtlety'.

Soltetees at the really big events were elaborate concoctions made from sugar and wax, adorned with feathers, scales and the like, and often opened to disclose a 'fair maiden with congratulations' and at smaller feasts were made from real pastry and sugar and after being paraded and duly admired or the joke shared, could be broken up and eaten. I wonder if the bride and groom figurines we had on our wedding cakes come from this time?

There was also the 'Top table' where the Lord and his wife sat, along with esteemed guests and a rigid seating pattern, where the higher you were in the Lord's regard so the closer to him you sat, those at the bottom of the table were the serfs, workers and the like. They would have the bread trenchers from the top table after they had been used as plates - and the gravy soaked into them. There were rules as to how you behaved at table and it's interesting to see how many we adhere to today;

Don't bite your bread [as the bread trenchers were later handed to the lower tables or the poor] which is why we always tear our bread at table I guess. Don't bite off more than you can chew and don't talk with your mouth full. Eat quietly, without noise and don't blow to cool food. Do not leave your spoon in the dish or cup and do not wipe knives on the cloth. Don't eat with your knife, nor drink with your mouth full. Wipe your mouth on your napkin before and after drinking. Don't let your pet dog be a pest and wipe your nose privately. Do not lean your elbows on the table nor put fingers into your drink and finally, 'Nor telle thou never at borde no tale To harm or shame thy fellow in hall.' [Nor tell any tale to make anyone uncomfortable].

Did you recognise any from when you were growing up? I certainly did!

**Written by
The Sheepish Farmer**



Jacobstow guiding news



Due to this amazing Spring, the Rainbows, Brownies and Guides have carried out the threat we made last edition and have been out and about in Jacobstow and its environs this term.

Our focus has been in discovering our world, and working out how we can save it - The girls feel very strongly about the environment, know lots of ways we can all help, and have been learning different ways to spread the word and embed the message, with art, science and lots of games.

The rainbows have been exploring the area around the Hall, looking for things that begin with (or contain!) every letter of the alphabet -the ingenuity in finding an X and Z was very impressive!

Brownies have been affected by Bank holidays, so they have focused on coping with the hot weather making lemonade and summer craft, whilst planning a full programme next half term which includes a BBQ, Sports day and a Yoga night!

Guides have also focused on the outdoors, and with Summer camp looming, preparations for that are afoot. We met with the local Camelford Guide unit who will be camping with us in the summer, enjoying a night exploring Camelford by a Penny hike (toss a coin at the junction, and heads turn left, tails turn right) and we all ended up with chips eaten in the bandstand. The event occurred during the recent Camelford road closure, a nuisance for motorists, but we really enjoyed the safety as we crossed and recrossed the A39 safely all night! We next meet up with this group in June, to play "tent beetle" (think beetle drive but with large sponge dice and tent components rather than drawing beetles!) It should be a very silly evening!

All three units are planning lots of outdoor adventures next term, including beach hikes, outdoor cooking, water slides, beach BBQ, and paddle boarding in Bude.

If you know a girl aged between 4 and 14, who would like to join in the fun, please go to Girlguiding UK/Get involved/Find your nearest unit and register your daughter.

We have girls from 9 local schools within our 3 units, so I'm sure there will be a friend there for her.



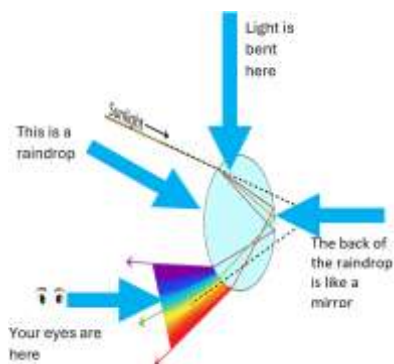
Rainbows—Part 3

This is Part 3 of 3 about rainbows: it is all about the science behind them. *PLEASE* don't switch off if you were no good at science; I failed my Chemistry and Physics O Levels but I love anything scientific.

Rainbows are all about light. Sunlight is actually called white light and is made up of 7 colours **red orange yellow green blue indigo and violet**.

If you mix up all the colours, you get white light. And if you water your garden with a fine spray with the sun behind you, you will see a rainbow in the spray. The drops of water have broken up the sunlight into its colours.

The tricky bit is understanding how the drops of water do this magic trick.



Look at the picture above, then think of a rainbow in the sky over the sea at Millook or Widemouth. A shower of rain has to be in front of you, and the sun must be behind you. The coloured light that reaches your eyes comes from behind you and hits the falling raindrops. The red light comes from raindrops higher in the sky, while the blue light comes from drops that are lower. The billions of raindrops, of course, are falling, so that each is quickly replaced by a raindrop from above, creating the illusion of a stationary rainbow caught in a falling curtain of rain.

I hope you've enjoyed reading this, meanwhile, consider my mum's face when I was a little boy: after we had seen an oil spill in the road. I looked up at her and said, "Mum, there's a dead rainbow"

Written by Christopher Asbury

Happy Belated Birthday Hilda Walter!

In April, Hilda celebrated her 100th birthday. When asked how she managed to get to this age she gave us a few tips:

- Keep moving
- Use the trials of life as a ladder to God
- Jesus is with us even if we do not realise it
- Dying is going home



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The Wyl des Programme for Summer 2025

Who would have thought in a quiet field in North Cornwall, down a winding country lane, we would find a music venue that attracts international performers and can accommodate 10,000 festival-goers?

The Wyl des has grown in size and popularity since the first party in the field known as Leopallooza back in 2006. Since then they have hosted major artists including Paloma Faith; McFly; Paul Weller and Fatboy Slim. In 2024 I was lucky enough to see Simple Minds – Jim Kerr gave a fantastic performance. This year The Wyl des have scaled down the size of the events to allow the venue to recover, but they are promising it will scale up again in 2026.

So 2025 might be just the opportunity to enjoy an intimate music experience in the wonderful Cornish countryside. This summer's events are:

7 June – Hot Tropics – Sold Out

21 June – Solstice Gathering – Sold Out

2 August – Crash The Stage – Tickets available

9 August – Pop Summer Party – Tickets available

16 August – Freedom Sounds – Tickets available

6 September – Digital Disco – Tickets available



For more information

www.thewylDESCORNWALL.COM

Written by Jayne Griffiths

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(Hours vary according to staff availability. Please phone before attending.)	
Doctors' surgeries: Neetside	01288 270580
Stratton	01288 352133
Boscastle	01840 250209
MP: Ben Maguire	ben.maguire.mp@parliament.uk
Parish council chair: Stephen Blake	- stephen.blake@poundstock-pc.gov.uk
Parish clerk: Lynn Pluess	0776 8100 560
Cornwall Councillor: Nicky Chopak	0781 030 2061
Cornwall Council	0300 1234 100
Bude Library	0300 1234 111
Library renewal line	0845 607 6119
Recycling centre/tip (Tiscott Wood)	0845 630 0300
Samaritans	116 123
National Childline	0800 1111
Police – non-emergency	101
Farming Community Network	0845 367 9990
Bude Food Bank	01288 448748
Citizens Advice	03 444 111 444
(Phone advice line, operates 10–4, Monday–Friday)	
CCS helpline/Age UK Cornwall	01872 266383
Floodline	0845 988 1188
National Grid (power cuts)	0800 678 3105
Poundstock Church (Barry Smith)	01288 361716
Marhamchurch WI: Shirley Youldon	01288 354672
Poundstock Skittles: Pam Gilhespy	01288 361570
Poundstock Ringers	01288 488758
Juliotter Garden Club	01566 781559
or 01840 261237	
Rebel Cinema	01288 361442

Local Organisations

Libraries

Bude Library is currently open 10.00–5.00 Mondays, Wednesdays and Fridays, 10.00–1.00 Saturdays. Reserve books by phone (0300 1234 1111) or online at www.budelibrary.co.uk

Poundstock's two pop-up libraries, in St Winwaloe's and Our Lady and St Anne's, are available when the churches are open (all day, every day). A wide choice of books can be borrowed or bought, with all proceeds going to charity.

Poundstock Post Office

Still based in the old shop at Cornish Coasts Caravan and Camping Park on the A39. Open Mondays and Thursdays, 9.00–1.00 (ask at the main shop).

The following are accurate to the best of our knowledge, but check before you go (contact details below).

Scouts and Guides

Cubs: Monday 6.30–8.00 pm (01288 352786)

Scouts: Tuesday 6.30–8.00 pm (07842 084971)

Beavers: Wednesday 6.00–8.00 pm (07855 001284)

Rainbows (Tuesday 17.45) and Guides (Monday 19.00): ring Mary on 01840 230006. Brownies (Monday 17.45): ring Louise on 07817 985661.

Marhamchurch WI

Marhamchurch Methodist Hall, 7.30 pm, second Tuesday of the month (note change of time to afternoon).

Juliotter Garden Club

Otterham and St Juliot Hall, 7.30 pm, fourth Tuesday of the month.

Bude Bridge Club

Tuesday and Friday evenings, Wednesday afternoons, in the Parkhouse Centre. Details from www.bridgewebs.com/Bude or ring 01237 471111.

Poundstock Gildhouse

You can hire the Gildhouse for events from meetings to parties and wedding. Call 01288 341537 or visit www.poundstockgildhouse.co.uk.

REGULAR EVENTS

WI Week St Mary 19.15 2nd Thursday Monthly

Camelford Garden Club 14.30-16.30 1st Wednesday Monthly Library

Diary Dates

For events at the Poundstock Gildhouse, see page 9.

JUNE

- 1st 2nd Meeting of North Cornwall Motor Racing Club Netherbridge
- 4th Marcus Brigstocke at Launceston Town Hall 19.30
- 5th -7th Royal Cornwall - Wadebridge
- 8th Open Farm Sunday various "www.farmsunday.org" for information
- 7th Fford-Live Punk, Funk & Soul-Week St Mary-19.30
- 12th Macbeth—Castle Lawn—18.30
- 13th Moulin Bouge, The Plough Arts Centre Potato themed Cabaret
- 14th Stratton Hospital Fete 14.00
- 14th Party on the Pitch, Camelford
- 14th Talfest 2025-Bay View Inn-Live Music all day
- 21st This is Floyd-Parkhouse Centre-19.30
- 21st Cornwall Youth Choir, Tintagel Methodist –18.00
- 22nd An afternoon with Will Keating-Cobweb—16.00
- 26th Beatles Complete-Ebbingford Manor-19.00
- 27th Fearlessly Taylor-Parkhouse Centre-19.30
- 28-29th Holsworthy Vintage & Classic Rally

JULY

- 5th Pagan & Spiritual Fair, Parkhouse Centre 11.00—16.00
- 5th Lydford Summer Fair - 11.00
- 12th Liskeard Show
- 25th Bowie PR-Ebbingford Manor-19.00
- 28th Woolsery Show
- 31st Launceston Show

Poundstock Parish Council

www.poundstock-pc.gov.uk

<i>Chairman</i>	Stephen Blake	stephen.blake@poundstock-pc.gov.uk
<i>Vice-chair</i>	Michelle Carter	michelle.carter@poundstock-pc.gov.uk
<i>Councillors</i>	Max Faulkner	max.faulkner@poundstock-pc.gov.uk
	Steve Haynes	steve.haynes@poundstock-pc.gov.uk
	Eric Harris	eric.harris@poundstock-pc.gov.uk
	Pamela Idelson	pamela.idelson@poundstock-pc.gov.uk
	Tom O'Sullivan	tom.osullivan@poundstock-pc.gov.uk
	Graeme Swatton	graeme.swatton@poundstock-pc.gov.uk
<i>Parish clerk</i>	Lynn Pluess	clerk@poundstock-pc.gov.uk
		07768 100 560

For details of how to apply to be co-opted to the Parish Council, please see the website or contact the Clerk

The parish council website carries agendas, full minutes and other documents, as well as information about the Neighbourhood Development Plan and the parish cemetery. At present, council meetings take place at 7 pm on first and third Wednesday of each month at The Beach House, Widemouth.



Poundstock Neighbourhood Plan Committee

Chairman: Matthew Blows

Secretary: Lyn Smith

Members: Sara Beckett, Councillor Stephen Blake, Barry Rogers, Phyllis Ward, Rachel Roberts, Councillor Michelle Carter, Councillor Steve Haynes and Councillor John Worth.

Contact: email: ndp-sg@poundstock-pc.gov.uk or by post to:
St Marwenne, Combe Lane, Widemouth Bay, EX23 0AA

Beavers, Cubs & Scouts are now taking part in the summer term's programme, many weekly evenings being completed outside, making the most of the weather and light evenings.

Beaver evenings include a nature walk, pond dipping, beach visit and cooking on a fire.

Cub evenings include athletics, fire lighting, building a shelter, and the term is concluded with a slip & slide and river run at Trengune along with the Scouts.

Scouts will bring their bikes to the Scout hut for an assault course, other activities include fire lighting/outdoor cooking, raft building and then trying the rafts out on the river.

All 3 groups are taking part in a sponsored bike ride in July raising funds for the Scouting groups and the hut.

4 Scouts took part in the annual 'coast 2 coast' during a weekend in April. The Scouts set up camp at Sticker in the rain which continued during the night. An early start was had as the Scouts were bussed to Perranporth where they walked 20 miles back to camp. The final day's walk was from Sticker to Mevagissey, another 11 miles. A massive achievement for our Scouts.

The next big adventure in July for 11 of our Scouts is a Scouting Jamboree, a week-long camp at St Stithians. The week will be jam packed with activities, a wonderful opportunity for our Scouts meeting Scouts from all over the country.

We will always welcome new members –

Cubs – Mondays 6.30 – 8pm

Scouts – Tuesdays 6.30 – 8pm

Beavers – Wednesdays 5.30 – 6.30pm

For further details please contact
Robert Medland 07842084971
robert.medland1988@gmail.com

Thank You

Jill.



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The night sky in July

Mars will be setting about 2230, while Saturn will be rising in the East about 0020, followed by Venus at 0400.

As I have already mentioned, if we want to find a planet possibly containing life as we know it, it has to have water.

Researchers confirmed the presence of crystalline water ice, in a dusty debris disk that orbits a Sun-like star 155 light-years away, using detailed data from NASA's James Webb Space Telescope. Water ice is a vital ingredient in disks around young stars — it heavily influences the formation of giant planets, and may also be delivered by small bodies like comets and asteroids, to fully formed rocky planets like Earth. Now that researchers have detected water ice with Webb, they have opened the door for all researchers to study how these processes react in new ways in many other planetary systems.

With thanks to Christine Chen, a co-author and an astronomer at the Space Telescope Science Institute in Baltimore.

Written by Bill Turnill

Speedwatch Volunteers Needed

As reported in the last edition of the Packet, Speedwatch are still looking for volunteers to help them for an hour a week.

Speedwatch are a team of volunteers who have been regularly (once a week) at Widemouth Bay, speed testing the cars which go past. They've been doing this for a while now to raise awareness of the speed limit.

Speed is a major cause of accidents, and near the beaches with footpaths which are accessed across the road, we must be doubly aware.

The team is made up of four persons, one to wear the camera and count traffic, one to clock any speeding cars, one to take the registration and one to confirm the car number plate.

To date, the maximum speed which has been recorded was 48mph and most people have accepted that the speed needs to be enforced.

If you're able to spare an hour a week, please contact Rachel Roberts at

r.roberts12@btinternet.com.



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Gardening



Oak before the ash, we're in for a splash

Ash before the oak, we're in for a soak



If this old saying is true, then we're in for a dry summer, as the leaves on the oak trees in Poundstock were visible long before those on the ash. After a very fine, dry spring, reservoir levels are being reported as below average for the time of year. Therefore it's perhaps a good time to look at how to use less water in the garden.

Water management is a key part of gardening sustainably, and is becoming increasingly important as gardeners face pressure from the climate crisis. Mains water use in our homes and gardens is often highest when water availability is lowest – in hot, dry periods. However, by making a few simple changes, we can all make our gardens and outdoor spaces thrive on the rainfall we receive, by collecting it and re-using it during dry spells. So, switch now from “mains to rains” to make our gardens more sustainable.

Plants are most vulnerable to shortages of water when they are first planted, when their roots have not yet established into the deeper, moister layers of soil. Newly planted shrubs, trees, herbaceous perennials, seedlings, annuals and vegetables will all need watering to be managed carefully until their roots establish. Once plants have established, keeping the soil healthy by adding organic matter (preferably your own garden compost) helps to minimise the need for watering.

Rainwater can be collected from the roofs of homes, garages, greenhouses and other garden structures as long as they have gutters and a down pipe that enters the drain at ground level. Water butts are the ideal way you can collect the rain. Other ways of using less water include:

- Placing drip-trays beneath pots to collect drainage. They collect drainage and nutrients for better plant growth (but remove in winter to avoid waterlogging).
- Using a watering can instead of a hosepipe. Direct the water at the roots where it is needed, rather than the leaves.
- Avoiding watering your lawn. Longer grass means deeper roots and more drought resilience, so raise the mower blades too!
- Adding mulch around new plants lets the rain through and reduces soil evaporation, meaning less watering is required whilst roots establish.
- Adding home-made compost to your soil. Healthy soil holds more water so plants suffer less from drought.

Cont. On page 33



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Gardening Cont. From Page 31

June is a busy time in the vegetable garden. The nights should now be frost-free, and the days are long, which gives you plenty of time to get on with the jobs that need doing.

There are lots of jobs to do, including planting out courgettes, winter squash, and sweetcorn, watering during hot spells and, of course, harvesting. Keep sowing beetroot, radishes and lettuce successionaly, every week or so, for crops in a few weeks' time. Now's the time to start enjoying your harvests – peas should be ready now, as should gooseberries and strawberries plus salads. Other vegetables to sow in June and July are pak choi (always sow after Midsummer's Day to prevent them bolting), green (spring) onions, courgettes, for a later crop, and it's time to plant out winter brassicas.

And don't forget the "Chelsea Chop" or the "June Drop" details of both are on the RHS website:

(<https://www.rhs.org.uk/pruning/chelsea-chop>)

(<https://www.rhs.org.uk/problems/june-drop>)

Happy gardening—**The Old Composter**

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Exercising for Mobility is a really welcoming and friendly place to be. As well as the Chair-Based Fitness Sessions, we offer tea/coffee and refreshments between Sessions, which is a great way of getting together with friends, old and new.

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Excerpts from Parish Council minutes

Poundstock Parish Council – Summary of Ordinary Meeting Minutes

5 March 2025

Planning Matters

Proposal: Construction of an annexe at Ty Gwen, Long Park Drive, Widemouth. Resolved to object on the grounds of overdevelopment of the site; close proximity to the boundary; potential for overlooking; non-compliance with the development line or form; loss of biodiversity.

New Hall for Poundstock

The planning application for the new hall has been validated and is awaiting decision.

Public Toilets in Widemouth Bay

Signage and CCTV cameras will soon be installed.

19 March 2025

Planning Matters

Proposal: Construction of a dwelling land east of Lakeside, Treskinnick Cross. Resolved to object on the grounds that the proposals for foul water treatment are not clear, the proposed site does not constitute round-off or infill, no mention of high voltage cables.

Agenda items

The tender for the cleaning of public toilets has been awarded to T.J. Davis.

The Local Maintenance Partnership will continue for 2025/26

Resolved to write to a parishioner who had repeatedly challenged the PC accounts and request reimbursement of the accountancy fees for the 2022/23 Accounts as no wrongdoing by the PC was identified. Should reimbursement not be received, the Clerk be authorised to pursue legal proceedings through the County Court to protect public funds.

Highways issues – it was reported that the footbridges previously identified as needing repair have now been successfully repaired by Cornwall Council.

The trees have been cut down along the bank beside the A39 adjacent to Treskinnick Cross. Councillors also reported instances of overnight parking at the lay-by at Widemouth Fields, and this will be reported to the local County Councillor.

2 April 2025

Public Open Session

The Chair invited representatives from Cavanna Homes to discuss their plans for Widemouth Bay, to be considered for potential development under Cornwall Council's Call for Sites.

Planning Matters

Proposal: Extension above existing garage to provide additional accommodation at Brentleigh, The Crescent, Widemouth Bay. Resolved: No objection.

Parish Council minutes—Cont.

Proposal: Construct energy efficient home on the land east of the Old Smithy, Treskinnick Cross. Resolved: No objection.

Agenda Items

Paul Taylor be awarded the electrical work for the public toilets.

Crystal Clear Services be awarded the window cleaning of the public toilets, notice boards, bus stops and defibrillator kiosk.

The call for sites requirement for the neighbourhood development plan has been published on the council's website, notice boards, and social media platforms for a period of four weeks, and it was noted that there has been no response to date.

Poundstock parish council fully supports Marhamchurch parish council in its crowdfunding efforts for the Hele Valley trail.

16 April 2025

Public session

A member of the public spoke about the Widemouth Bay car park raising issues including lack of ANPR use, inadequate signage and increase in dog litter.

Planning Matters

Ty Gwyn – 5 day protocol. It was agreed to raise concerns regarding increases in traffic, added pressure on the sewage infrastructure, and to request that it be made a condition that the annex is required to provide living space for a dependent relative.

Proposal: dwelling house Land East of The Firs (Old Bangors Methodist Church). Resolved to strongly object on the grounds that the development represents over development of the site, lies outside the designated development boundary, and is of a density and scale that is out of keeping with the surrounding area, resulting in a loss of valuable amenity space. While the council raised no objection to the previously approved garage referenced by the architect, it maintains firm opposition to the development of an additional dwelling on this site.

This this being the final meeting under the current administration, the chairman extended his thanks to retiring Cllr Steve Haynes for his valued contribution, and to all continuing councillors for their teamwork and mutual support, noting that together they have achieved a great deal and leave the new administration in a strong position. On behalf of all members, Vice-Chair Cllr Michelle Carter thanked Cllr Stephen Blake for his dynamic and dedicated chairmanship.

This is a summary of the Parish Council minutes. For full details please see the Parish Council website poundstock-pc.gov.uk

The Hall was packed for the April meeting of Marhamchurch WI, who welcomed for the second time, Medical Herbalist Katrina Werren. Katrina is a registered member of the National Institute Of Medical Herbalists and her studies included 500 hours of practical, clinical experience.

First plant up for identification was cleavers or goose grass, remembered by the group as the plant which sticks to clothes etc. This plant can be steamed as a vegetable, juiced or made into a tincture. Katrina also passed on a tip to freeze it in ice cubes to add to drinks. It is useful as a tonic and also helps with the treatment of Gout, cystitis and other bladder problems. Members were treated to a very palatable sample of a cleavers juice.

Katrina had also brought Comfrey, which is an efficient wound healer and its roots can be mashed to make a good plaster for broken bones. The roots are much stronger than the leaves and should be used carefully, but the leaves can be gently steamed and eaten as a vegetable, or dried and infused in an oil.

Next, we had the humble stinging nettle, which should be picked when young before it gets stringy. Again, this can be gently steamed for about 2 mins and used as you would spinach. It is a treatment for eczema, asthma and hay fever. The seeds can be dried or frozen to improve kidney function. Katrina had brought a nettle soup for all to try which was very tasty.

The final plant was burdock, also known as beggar's buttons because of the hook like structures on its flower heads. You can roast the roots to make a tea. It is also a good blood purifier. It is a very strong herb and should be used carefully with expert help. It has also been shown to slow down the reproduction of cancer cells and can be use in between treatments for cancer in traditional medicines. As a bonus Katrina had brought the popular drink dandelion and burdock.

As Katrina pointed out, herbal plants used to be in extensive use – our grandparents probably had knowledge of treatment using hedgerow plants. The use of herbal medicines is becoming wider as people realise their value.

Katrina would be happy to see anyone wishing to explore the use of herbal medicines . She has a Clinic- The Green Physic, which she runs from the family farm at North Petherwin, where there is a herb garden at hand and plenty of nearby hedgerows.

Members had thoroughly enjoyed Katrina's talk and she was thanked with an enthusiastic round of applause. The meeting finished with refreshments.

Next month's meeting is The Annual Meeting and Resolution Meeting.

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The Packet will always advertise local community and charity events free of charge. But we don't 'just know' what's happening – you have to tell us! Our absolute deadline for the next edition is 15th July —contact Tania or Jayne at poundstockpacket@gmail.com

Defibrillators in the parish

Black Rock Cafe has a new defibrillator! It is positioned on the side of the car park hut as you drive through into the car park.

Widemouth Bay: next to the Summerhouse (by the church, Leverlake Road); near the top of Long Park Drive by the entrance to Pencarra and Bellair, just below the junction with Edith Walk; at the back of the public toilets just above Widemouth beach. The RNLI lifeguards also have a defibrillator, available at their hut above the beach when they are on duty.

Treskinnick Cross: just off the A39, in the old phone box.

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